

HAWAII ARMY WEEKLY

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Evolving technology benefits endangered species

Photos courtesy of U.S. Army's O'ahu Natural Resources Program

The Army's O'ahu Natural Resources program is installing nearly 1,000 self-resetting rat traps across approximately 400 acres in the Wai'anae and Ko'olau mountains. The efforts support the Army's training mission on the island, as well as its natural resource requirements.

Army installing nearly 1,000 self-resetting rat traps on mountains

STEFANIE GUTIERREZ

U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS — In the rodent business, a lot can change in five years.

That's according to small mammal control biologist Tyler Bogardus with the Pacific International Center for High Technology Research (PICHTR).

Bogardus is helping the U.S. Army protect endangered species on O'ahu by controlling one of their largest threats: rats.

His current project involves replacing more than 1,300 traditional snap traps in the Wai'anae and Ko'olau mountains with nearly 1,000 modern self-resetting traps over the next few months. The total area covered is approximately 400 acres, or roughly 300 football fields.

The effort will improve protection for endangered species that rats prey on, like the O'ahu 'elepaio bird and the hāhā plant, which was once extinct in the wild.

It will also save time and money – precious resources in their own right.

Army contractors check the snap traps every two weeks; however, the self-resetting traps will be checked every four months. The reason these self-resetting traps last longer is their carbon dioxide-powered design and bait system.

That bait system was improved in 2016 when New Zealand trap manufacturer Good Nature added an automatic lure pump that regularly releases small amounts of fresh bait to whet the rats' appetite.

"The lure pump was a big part of why we decided to transition to this style of trap," Bogardus said. "We're now more effective at controlling rats, and we're also essentially cutting our overall costs in half."

Driving change

The Army's O'ahu Natural Resources Program has built a reputation for itself as a leader of research and development, especially when it comes to rodent control tools to increase efficiency and effectiveness.

The program helped pioneer the first use of self-resetting traps in Hawai'i in 2012, in partnership with the National



Invasive rats prey on Hawai'i's endangered plants like the hāhā, which was once extinct in the wild. (right, above) shows the damage hungry rats inflict on plant fruits and seeds.



Park Service. Then in 2016, the program conducted a study aimed at keeping slugs from eating the chocolaty bait.

"We can't get the rats if the slugs are eating all of the bait," Bogardus said.

The study focused on adding citric acid to the bait to determine the best concentration for deterring slug consumption. Bogardus hopes the added ingredient will make the bait last even longer, extending the reset time by another two months and reducing associated labor costs.

It was one of several research efforts highlighted in the Army's 2016-2017 annual natural resources status report released this month. Other efforts highlighted include seed-sowing trials with endangered plants on cliffs, research on ant impacts to native insects and the completion of a fifth snail enclosure to protect endangered kahuli tree snails from predators. Plans for the year ahead include a trial to test the effectiveness of rodent birth control.

Rats and military readiness

So what does controlling rats have to do with military readiness? More than one might think, according to Kapua Kawelo, the program manager for the Army's O'ahu Natural Resources Program.

"To be ready, our Soldiers need to train," Kawelo said. "Our job is to look at what impacts training could have on our natural resources and to come up with solutions ... solutions that support the resources and our Soldiers' training mission."

Sometimes that means protecting threatened and endangered species on lands that aren't managed by the Army.

For example, the areas where Bogardus and team are replacing the snap traps are state and private lands, in addition to Army-managed lands.

"By partnering with other landowners, we can ensure that if a population in one area was impacted, the species could still survive," Kawelo said.

"In a way, we're like the Army's environmental insurance policy," she added.

More Online

For more information on the Army's O'ahu Natural Resources Program, visit <https://www.garrison.hawaii.army.mil/sustainability/NaturalResources.aspx>.



Jonah Dedrick of PICHTR installs a self-resetting rat trap in the Honouliuli Forest Reserve. The self-resetting traps are powered by a carbon dioxide canister. One canister can kill up to 24 rats. PICHTR partners with the Army's O'ahu Natural Resources Program through a cooperative agreement.



The self-resetting traps use an automatic lure pump, shown here, to release small amounts of chocolaty bait to attract invasive rats.



Invasive rats snack on the fruit of many of Hawai'i's threatened and endangered plants.

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U.S. will not accept nuclear-armed DPRK

JIM GARAMONE

DoD News, Defense Media Activity

HONOLULU — Defense Secretary Jim Mattis reiterated that the United States will not accept a nuclear-armed North Korea, here, Oct. 28.

Mattis spoke at a news conference following talks with South Korean Minister of National Defense Song Young-moo in Seoul, Oct. 27.

The two men met for the 49th annual Security Consultative Meeting in the shadow of North Korea's continuing nuclear program and following launches of its intercontinental ballistic missiles (ICBMs).

"In light of (North Korean dictator Kim Jong Un's) expanded outlaw activities that all the world experienced and observed over the past year or two, I cannot imagine a condition under which the United States would accept North Korea as a nuclear power," Mattis said.

Serious North Korean threat

The secretary said the threat from North Korea, also known as the Democratic People's Republic of Korea, has grown more serious since his trip to the country earlier this year.

"In the past few months, the North has conducted two ICBM tests, launched two intermediate range ballistic missiles over Japan and conducted a fifth nuclear test, Mattis said.

I am here to underscore America's



DoD photo by Navy Petty Officer 1st Class Dominique A. Pineiro

Defense Secretary Jim Mattis (center) and Marine Corps Gen. Joe Dunford (left), chairman of the Joint Chiefs of Staff, participate in the 49th Security Consultative Meeting in Seoul, South Korea, Oct. 27.

commitment to our bilateral alliance and to make clear the Trump administration's full commitment to the United Nations' mission in defense of your democracy standing, as it does, as a bedrock countering the DPRK's effort to destabilize this region and to threaten the world," he continued.

U.S. supports South Korea

Mattis emphasized that the United States stands by its alliance with South Korea, also known as the Republic of Korea, and also emphasized that the military aspect of the alliance is engaged to allow diplomatic and economic efforts to work.

"President (Donald J.) Trump has made

clear that America's commitments to defending our allies and to upholding our extended deterrence guarantee is 'ironclad,' the secretary said.

The secretary said that America's strategic deterrent capabilities are global in their positioning and reach, "and we are quite assured that they are in a position to be responsive to the Combined Forces Commander, if necessary."

North Korea should harbor no illusions, Mattis said.

"The DPRK is overmatched by the Republic of Korea-United States alliance," the secretary said. "If it remains on its current path of ballistic missiles and atomic bombs, it will be counterproductive. The DPRK will be reducing its own security."

"Diplomacy remains our preferred course of action, but as I have repeatedly emphasized, our diplomats are most effective when backed by credible military force in this sort of situation," Mattis said. "Make no mistake ... any attempt on the United States or our allies will be defeated. Any use of nuclear weapons by the North will be met by a massive military response - effective and overwhelming."

North Korea's actions compelled the alliance to beef up its defenses by enplacing the Terminal High Altitude Area Defense missile system in South Korea, he said.

"Millions of ROK citizens and our forces are now better protected by this wholly defensive system," he said.



U.S. Congressional leaders stand with Filipino World War II veterans during a ceremony to bestow the veterans with the

Congressional Gold Medal. At center, holding the medal, is Speaker of the House Paul Ryan. Sen. Mazie Hirono, second row, third

from right, and Rep. Tulsi Gabbard, second row, right, led the effort to recognize the veterans.

Filipino WWII vets receive Congressional Gold Medal

U.S. CONGRESS

News Release

WASHINGTON, D.C. — Sen. Mazie K. Hirono (D-Hawaii), Rep. Tulsi Gabbard (D-Hawaii) and Congressional leaders presented the Congressional Gold Medal to Filipino World War II veterans, here, Oct. 25.

The presentation ceremony was the culmination of Hirono and Gabbard's years-long effort to recognize Filipino WWII veterans with the Congressional Gold Medal, Congress' highest civilian honor.

"Presenting the Congressional Gold Medal to our Filipino World War II veterans is a long overdue honor for hundreds of thousands of veterans and their families," said Hirono.

"Last Veterans Day, Filipino World War II veteran Domingo Los Banos urged me to make sure our Congressional Gold Medal bill was passed that year. I hope that today's ceremony conveyed to Domingo, and every other veteran, our gratitude for their service during the war and recognition of the hardship they face in receiving the benefits they earned."

Said Gabbard, "The United States is forever grateful for the service, bravery and perseverance of the more than 200,000 Filipino and Filipino American Soldiers that served our country during World War II. These loyal

and courageous Soldiers suffered hardships, fought bravely and sacrificed greatly, with many giving up their lives alongside their American counterparts throughout the war; yet, their service was left unrecognized in the United States for decades.

"Today, these brave Soldiers are finally receiving the recognition they earned and deserve, and join the ranks of heroic units like the Tuskegee Airmen and Hawaii's own 442nd/100th Infantry Battalion as we honor them with the Congressional Gold Medal - our nation's highest civilian honor."

Secretary of Veterans Affairs David Shulkin, Senate Majority Leader Mitch McConnell (R-Ky.), Senate Democratic Leader Chuck Schumer (D-N.Y.), and House Democratic Leader Nancy Pelosi (D-Calif.) joined Hirono and Gabbard in presenting the medal.

"Today we pay tribute to the quarter of a million Filipinos who answered an American president's call to fight for our country in the defining war of the 20th century," said Schumer. "Those brave men, who bravely took up arms and risked life and limb on behalf of a country that was not yet their own, were heroes."

"It is a mark of a confident and exceptional nation to look back on its history and say we made a grievous error, but we recognize

it and pledge never to let it happen again," Schumer continued. "I'm especially proud to be an American today as Congress rights a decades-old wrong and bestows the highest civilian honor on the Filipino veterans of the Second World War, enshrining in the history books their courage and sacrifice on behalf of a grateful nation."

"Today, we recognize the extraordinary heroism and sacrifice of the Filipino Veterans of World War II by conferring the highest honor Congress can bestow," said Pelosi. "Generations of Americans and Filipinos alike have been shaped by their courage, inspired by their service and humbled by their sacrifice. We are inspired not only by their bravery on the battlefield, but also by the courage they have shown in fighting for the recognition they have earned but long been denied. We must not rest until the service of every Filipino veteran is recognized and rewarded."

Hirono and Gabbard's law, the Filipino Veterans of World War II Congressional Gold Medal Act (Public Law 114-265), was signed into law by President Obama and awarded the medal collectively to the over 260,000 Filipino and Filipino-American Soldiers who responded to President Roosevelt's call-to-duty and fought under the American flag during World War II.

Voices of Ohana

Because November is Military Family Appreciation Month, we wondered, **How do you cope with being away from family?**
By 94th Army Air and Missile Defense Command Public Affairs



"By focusing on my career. Keeping myself busy and achieving my goals will continue to help me to cope with being away from family."

Staff Sgt. Manuel Carrasco
HHB
94th AAMDC
NCOIC, Motor pool



"By having video chats with them during the weekend. Also, I like to spend time in the gym when I'm off work. It helps me release stress."

Sgt. Yanxin Liu
HHB
94th AAMDC
Unit supply sergeant



"My boys and I use Snapchat. They tell me a riddle and I have a day to solve it, then it's my turn to tell them a riddle. I also keep busy doing college courses and going to the gym."

Sgt. Robert Martinez
HHB
94th AAMDC
Unit supply sergeant



"When I am away from my family, I'll use my work as a distraction and focus on it so that I will not think too much of my family."

Spc. Zhao Peng
HHB
94th AAMDC
Generator mechanic



"I try to stay in touch with my family through social media as much as I can. Also, I hang out with my buddies with my battle buddy so that I don't miss my family too much."

Spc. Sarvesh Regmi
HHB
94th AAMDC
Generator mechanic

Federal Fire Department recognizes nine members

Story and photo by
KRISTEN WONG
Contributing Writer

SCHOFIELD BARRACKS — The Federal Fire Department recognized nine of its personnel in a small ceremony at Fire Station 15, here, Wednesday.

Maj. Gen. Susan A. Davidson, commanding general, 8th Theater Sustainment Command, and Command Sgt. Maj. Jacinto Garza, senior enlisted adviser, 8th TSC, arrived first to congratulate the honorees, followed by Col. Stephen E. Dawson, commander, U.S. Army Garrison-Hawaii, and Command Sgt. Maj. Lisa Piette-Edwards, senior enlisted adviser, USAG-HI.

Davidson said she hoped the fire department is mostly “bored” – meaning it doesn’t have to respond to many emergencies – but was grateful for their professionalism as they conduct their duties.

On Aug. 24, five members of the Federal Fire Department provided aid to a Soldier who went into cardiac arrest and collapsed during physical training. Driver/operator Christopher Balmaceda and Lt. Shane Ching; firefighters Raymund Manuel and Kenny Amuro; and firefighter/paramedic Anthony Young were each honored with certificates and pins.

One of the pins had a number, which signified how many times the recipient had been recognized for a lifesaving action.

Additionally, four other members were presented with length of service certificates for their years working in the federal government. Balmaceda, fire-



From left to right, firefighters Clinton Kitabayashi, Lt. Walter Ilagan and Justin Sabio; driver/operator Christopher Balmaceda; Lt. Shane Ching; firefighter Raymund Manuel; firefighter and paramedic Anthony Young; and firefighter Kenny Amuro are honored at the Federal Fire Department Fire Station 15 on Schofield Barracks, Wednesday.

fighters Clinton Kitabayashi, Justin Sabio and Lt. Walter Ilagan received certificates and pins.

“You guys are just as much (a part of) the Army team as anybody else,” Dawson said. “Those who live on the base can sleep well at night knowing that you guys are on the job and that you guys are go-

ing to come to the rescue if there’s a fire or any kind of lifesaving required.”

Dawson noted that this is the second time in 18 months that he has attended a ceremony in which members of the Federal Fire Department have been honored.

“We’re proud of their accomplishments. That’s what we’re here to do; that’s

what they’re trained to do,” said Gregg Moriguchi, regional fire chief, Federal Fire Department. “It’s a proud moment when we’re able to apply our training and our experience and expertise to a situation. ... We respond to people’s greatest time of need and we’re able to make it better.”

Despite challenges, enlistment standards not lowered

DAVID VERGUN
Army News Service

WASHINGTON — In an increasingly complex world in which higher demands will be placed on Soldiers, “we cannot afford to lower our standards” for enlistment, said Sgt. Maj. of the Army Daniel A. Dailey.

Dailey spoke at the Association of the U.S. Army’s Annual Meeting and Exposition, Oct. 11.

It would be easy to successfully make the recruiting mission by lowering physical or mental requirements, he added, “but it wouldn’t bring us capability or readiness. We have no intention of dropping those accession standards in the future.”

Sgt. Maj. Anthony C. Bowers, operations sergeant major for U.S. Army Recruiting Command, said that despite an increasingly tough recruiting environment, “there are a lot of high-speed non-commissioned officers out there every day beating the street, finding young men and women to join the Army.”

He then outlined several reasons why it’s getting tougher to recruit and why it will be even tougher in the future.

Hurdles with recruiting

Military service is a family business. Most who serve have a family member who served and that’s a big draw, he said, adding that 79 percent of recruits have a relative who served, including 28 percent who had a parent in the Army.

In 1995, 40 percent of all American youth between 16 and 24 had a family member who’d served in the Army. By 2014, it was down to 16 percent, Bowers said.

In the next 30 years, it’s estimated that America’s veteran population will decline by over 35 percent from what it is today, he added.

Because of fewer and fewer veterans for youth to have a conversation with, there’s also very little accurate information out there about the Army, Bowers said.

For instance, 49 percent of people between the ages of 17 and 35 were not able to name all four services of the Department of Defense, he said. About 36 per-



File photo by Lacey Justinger, U.S. Army Garrison-Hawaii Public Affairs
Soldiers in Company B, 209th Aviation Support Battalion, 25th Combat Aviation Brigade, 25th Infantry Division, conduct physical training drills at Wheeler Army Airfield in this 2010 photo. The Army is not lowering physical or mental requirements to meet its recruiting mission, according to Sgt. Maj. of the Army Daniel A. Dailey.

cent of them didn’t know the difference between officers and enlisted.

Today’s youth are also not inclined to leave their friends and family, he said. Those same family and friends often oppose them joining the military service, he added.

Another hurdle to joining the Army is that “we’re competing against corporate America,” Bowers said, meaning that companies often have fat pay and benefit packages that eclipse the Army’s.

Most high school students say they plan to go to college, he said. Parents and high school counselors think that if they join the Army, it means they won’t get that education. As recruiters, “we try to show the benefits of joining and that they’ll still have the ability to go to college.”

It’s sometimes an uphill fight just trying to get into the schools, he said, to administer the Armed Services Vocational Aptitude Battery, an aptitude test that helps students understand what careers, both civilian and military, are a good fit for their strengths and interests. Even

when students take the ASVAB, many don’t score high enough to join, he added.

Congress requires that 90 percent of recruits have a high school diploma, Bowers said. Many potential recruits don’t, and over the next 30 years, projections are that even fewer will graduate.

Within the Army’s acceptable age range of the U.S. population is a pool of 33.4 million, but just 5.7 million are qualified and available to serve. Only 136,000 of those say they have a propensity to serve in the Army, he said.

There are myriad reasons why they cannot serve, he said, listing some of the disqualifying factors: medical or physical, 30 percent; drug usage, 30 percent; misconduct, 10 percent; overweight, 31 percent; mental health, 15 percent; and aptitude, 9 percent.

Those with two or more of these disqualifying factors total 39 percent, he added.

Finally, with the unemployment rate down from what it was several years ago, more jobs outside the Army are available,

he said.

James Cox, active duty brand manager, Army Marketing and Research Group, added to Bowers’ list, noting that there’s a widespread perception out there that people who join the Army do so because they have no other opportunities and nothing better to do in life.

Cox, who was a recruiter in the Army before retiring, said his group is trying to provide information to young people so that when they meet a recruiter, they will have a baseline understanding of the Army.

The group’s marketing efforts are trying to use the language of youth in advertisements and including people from all ethnicities, cultures and genders.

Ads target people the Army needs to recruit, such as those in cyber fields, he said. A recent recruiting video portrays Soldiers going after malicious hackers, depicting the Soldiers as having the ability to code and being cool.

The ads aim to funnel youth to recruiters or to get them to find more information on goarmy.com, he added.

Cutting attrition

Besides marketing efforts to attract qualified prospects, the Army is gaining ground in cutting down on attrition rates during initial military training, said Dr. Whitfield “Chip” East, research physiologist, U.S. Army Center for Initial Military Training.

The way it’s doing that is through the administration of the gender-neutral Occupational Physical Assessment Test, or OPAT, which is used to assess recruits’ fitness for various occupational specialties.

At first, it might seem that the OPAT might be another hurdle to joining, East said, countering, “no one fails it. You can retake it as many times as necessary. It just means you’re not ready to ship to initial military training.”

And, those who score better in the OPAT graduate at higher rates and have fewer injuries during initial military training, he said, particularly women.

Since the OPAT is less than a year old, those are initial findings, he added. A full-up review of OPAT results will be conducted in January.

Army developing high-energy lasers that pierce fog, dust

DAVID VERGUN
Army News Service

WASHINGTON — A lot of people think that high-energy lasers, or HELs, can’t penetrate fog, rain and dust, said Thomas Webber. That’s just plain wrong.

Webber, director of the Directed Energy Division’s Technical Center, U.S. Army Space and Missile Defense Command, spoke at the Association of the United States Army’s Annual Meeting and Exposition, Oct. 9.

The key to making HELs work in poor atmospheric conditions is something called “adaptive optics,” he said, adding that the Army is continuing to make more and more improvements on its adaptive optics system to give a greater range of compensation for degraded conditions.

Besides the optics, an effective beam control system is used, which forms one

beam from multiple lasers to pinpoint exactly where the peak energy should be focused, he said, adding that it operates in conjunction with the optics system.

Advantages of lasers

Webber outlined some advantages HELs have over conventional weapons. HELs are low-cost, the main expense being the diesel used to power the generators, he said.

They’re also faster than conventional weapons, he pointed out.

The HELs have rapid engagement, which means that once the target is acquired and engaged “it’s not getting away from you, because the instant fired, it will make contact with it at the speed of light. It doesn’t get any faster than that.”

Precision of the energy is another key component, he said, meaning HEL can

be focused at the most vulnerable point of the target where it will do the most damage, thanks to the advanced optics and speed at which a laser travels.

In fact, the optics on the HEL are so advanced that a battlefield commander can use them for multiple applications with regards to intelligence, surveillance and reconnaissance (ISR).

“It’s the best ISR capability they’ll ever have access to,” Webber said.

HEL has “a deep magazine,” he said, implying that it doesn’t run out of bullets or jam like conventional weapons sometimes do.

Another advantage is that HELs don’t broadcast a visible signature because the laser beam is invisible to the human eye, despite artist renderings of lasers firing brightly colored beams, he said.

Finally, he said, HELs give

commanders graduated degrees of engagement. What that means is the HELs can be dialed up to destroy rockets, mortar and artillery fire, as well as unmanned systems, or the power can be dialed down low enough to disable targets as “soft” as an AK-47 rifle.

The effectiveness of lasers was demonstrated during the Joint Improvised Threat Defeat Organization’s “Hard Kill Challenge” exercise, conducted at White Sands Missile Range, New Mexico, from Feb. 27 to March 3, 2017, Webber said.

During that challenge, the Mobile Expeditionary High Energy Laser 2.0, using a relatively small 5-kilowatt HEL, demonstrated its ability to counter unmanned aerial systems, winning the challenge by shooting down more UASs than any other type of weapon, he noted.

Foreign nationals entering military have new rules

JIM GARAMONE

DoD News, Defense Media Activity

WASHINGTON — The Defense Department is releasing two policies that will affect foreign nationals entering the military or who are already in the military, Stephanie Miller, DoD's director of accessions, said Oct. 13.

The changes will affect personnel accessed under the MAVNI Pilot Program — the acronym stands for Military Accessions Vital to National Interest — and Lawful Permanent Residents, also known as green card holders.

A green card is a permanent residency document for the United States.

The changes recognize that “while the department recognizes the value of expedited U.S. citizenship achieved through military service, it is in the national interest to ensure all current and prospective service members complete security and suitability screening prior to naturalization,” Miller said.

One policy change is to the initial security and suitability screening for

green card holders.

“Effective immediately, all green card holders must complete a background investigation and receive a favorable military security suitability determination prior to entering any component of the armed forces,” Miller said in an interview.

Previously, green card holders could ship to basic military training as long as background investigations were initiated. Green card holders go through the same check as American citizens.

The change will mean that green card holders entering the military may be in the delayed entry or training program longer than in the past, due to a backlog for security clearances at the Office of Personnel Management.

The clearance procedure could take up to a year.

The second change affects those in the MAVNI program and green card holders.

“The department is establishing a qualifying service standard for the purposes of rendering honorable service determination for foreign nationals who

pursue expedited U.S. citizenship on the basis of their military service,” Miller said.

Service members receive a characterization of service after serving 180 days.

“In order for foreign nationals to achieve expedited citizenship on the basis of their military service, they must receive an honorable service recommendation,” Miller said.

Previously, the practice of the department had been to grant that determination after “as little as a few days in boot camp,” she added. The new policy aligns the requirement of honorable service with that for U.S. citizens.

Under the new policy, foreign nationals must complete security screening, basic military training and serve to 180 days for a characterization of service determination.

Those in the reserve components must complete security screening, basic military training and have one satisfactory federal year of service.

“For example, the individual drilled successfully, he achieved all of his points,

he did his two weeks of annual training and as a result, achieved one good federal year,” Miller explained. “At that time, the department would render that person's service as honorable, and then the department would sign the form that he would include in the naturalization packet for U.S. Citizenship and Immigration Services.”

The department is changing these policies because some individuals received citizenship before background investigations were completed, Miller said.

“It is in the national interest to complete the security investigation before we grant someone honorable service, particularly in the case where that characterization is considered in an application for citizenship,” she added.

This affects some personnel in the service now who received certification before their security screenings were completed. The department is recalling those certifications, and will recertify once the investigations are successfully completed, Miller said.

Marine Corps World War II veterans visit Pohakuloa Training Area

MARINE CORPS

LANCE CPL. ISABELO TABANGUIL

III Marine Expeditionary Force

POHAKULOA TRAINING AREA, Hawaii — Veterans of the 5th Marine Division were, here, Oct. 20, as part of the 68th annual reunion of the 5th Marine Division Association.

During their visit, they viewed displays of the current weapons and equipment used by Marines with 2nd Battalion, 3rd Marine Regiment.

“It was really nice to meet the Iwo Jima veterans as everyone in the Marine Corps knows Iwo Jima was a huge part of our history and background,” said Marine Corps Pfc. Nick Benseette, a machine gunner with 2nd Bn., 3rd Marines. “I never got to meet my grandfather who served during World War II and passed away when I was still young, so meeting all of these veterans is a good way for me to get new knowledge and pass it on to the next generation.”

Benseette said he was proud to demonstrate and explain how the modern equipment belonging to the current generation of Marines works.

“It's nice to give back to the people who have served us before,” he said. “I'm kind of following in their footsteps, which is a big accomplishment for me to do what they did as Marines.”

Personal memories

Ralph Simoneau said he was immediately reminded of his time on Iwo Jima



U.S. Marine Corps photo by Sgt. Ricky Gomez, III Marine Expeditionary Force
Louie Lepore, a veteran of the 5th Marine Division and Iwo Jima, talks to Marines from the 2nd Bn., 3rd Marine Regt., during a visit to PTA, Oct. 20. The veterans visited the training area as part of the 68th annual reunion of the 5th Marine Division Association and viewed weapons and equipment used by today's Marines.

with the 5th Marines when he arrived at PTA.

“I worked with the 60-millimeter mortars, and when they opened the door of the bus at the training camp (today), I could instantly smell it,” he said. “I went straight to the mortar like a bird dog and knew exactly where it was going to be.”

Simoneau said he was amazed how the equipment he saw compared to what they had seen during his time in the Marines.

“I was telling one young Marine the difference between his equipment and mine was that we had bows and arrows, and they had guns that could shoot,” he

said. “The only real superior weapon we had was the Browning automatic rifle. You could bury that in the sand, take it back out, and it would never misfire.”

Louie Lepore said he trained at nearby Camp Tarawa before he deployed to Iwo Jima with the 5th Marine Division.

“We had regimental practice landings for the invasion of Japan, but they dropped the atom bombs,” he said. “We went aboard ship right away down at Hilo, and went to participate in the occupation of Japan.”

Gratitude

Lepore said he was relieved that Marines never had to invade Japan after witnessing what he saw during the occupation.

“We went through Nagasaki, and I saw the devastation of the A-bomb there,” he said. “On the island of Kyushu, where we were supposed to land for the invasion, we saw a kamikaze base and caves with planes in them. I wouldn't be here today after seeing the way they were prepared for us.”

Lepore said he's extremely grateful and glad that history unfolded as it did.

“I'm very lucky to be here and I know it,” he said. “I'm 94 years old; I went through World War II and the Korean War. I retired in 1971 with almost 29 years in service. They wanted me to go to Vietnam because of my knowledge of French, and I said, ‘Forget it. Once was enough.’”



3 / Friday

Blended Retirement — Starting Jan. 1, 2018, active duty service members with fewer than 12 years of service as of Dec. 31, 2017, and Reserve component service members with less than 4,320 points will have until Dec. 31, 2018, to decide to remain in the current system or opt into the Blended Retirement System.

Mandatory training is available via Joint Knowledge Online at <http://jko.jten.mil/courses/BRS/>.html and Military OneSource at www.militaryonesource.mil to assist eligible Soldiers with the decision to either opt-in or continue with a legacy retirement system.

It is mandatory for all Soldiers to complete training no later than Dec. 31, 2017. The training includes videos, glossaries and example scenarios that explain the new retirement benefits and provide comparisons of the current and new systems.

7 / Tuesday

Special Operations Recruiting — Attend briefings about Special Forces, Psy Ops and Civil Affairs on any date from Nov. 7-9, at 9:30-11 a.m. or 2:30-4 p.m., at Yano

Hall Library, 2nd Floor, Room #221, Schofield Barracks. Visit goarmy.sof.com.

Facebook Town Hall

— U.S. Army Garrison-Hawaii Commander Col. Stephen Dawson and members of the USAG-HI leadership invite the community to share issues, concerns and offer at-a-boys online, 6-7:30 p.m., for this live town hall format event. Visit <https://www.facebook.com/usaghawaii/> and become a voice in your community.

11 / Saturday

Veterans Day — The American Veterans Center's annual holiday television special, “American Valor: A Salute to Our Heroes,” will return to television. The show pays tribute to service men

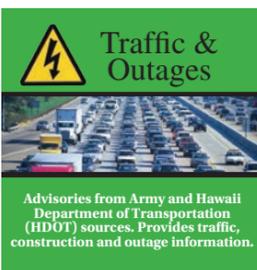
and women from World War II to the present day. Noted celebrities will lend their voices to tell the stories of service and valor.

The program provides Americans at home the opportunity to meet the ordinary citizens who, through willing sacrifice in trying times, became heroes and legends. For more details, visit AVCHonors.com or review local TV listings.

15 / Wednesday

Holiday Card Lanes — The Annual Holiday Card Lane will be observed from Nov. 17-Jan. 5, 2018.

All units, staff offices, agencies and organizations are invited to participate. The deadline to register is Nov. 15. Contact POC Aubrey Kiem-nec at 655-0110.



3 / Friday

Tripler Army Medical Center — A complete road closure will occur at the unnamed road beside Krukowski Road near Bldg. 161 for utility and road work. Expect delays when travelling along this route through Nov. 19 from 6 a.m.-3 p.m.

From Nov. 27-Dec. 18, the road will be closed and barricaded. Use the Krukowski Road portion of the

main Tripler loop during this time. Trucks carrying large loads and heavy equipment may be accessing the Jarred White/Krukowski loop throughout the specified morning.

This closure will only affect the roadway and area in front of the substation. Parking for Bldgs. 141, 145, 147, 153, etc., will remain open as usual.

6 / Monday

Warhawk Road — Wheeler's Warhawk Field Road will be closed for widening and pavement repairs, Monday-Friday, 8:30 a.m.-4 p.m., Nov. 6-28.

Schofield's McCornack Road — There will be a parallel parking stall closure along McCornack

Road near Bldgs. 660, 678 and 676 during crane erection of the new clinic parking structure. Parking will be restricted from Nov. 6-April 20, 2018. Flaggers will stop traffic intermittently along McCornack during construction activities. The contractor will have appropriate signs.

13 / Monday

Fort DeRussy — A partial road closure will occur along Kalia Road near the intersection with Maluhia Road to drill subsurface exploration borings. The right turn lanes approaching the intersection with Maluhia will be closed from 7 a.m.-4 p.m., Nov. 13-15. Access to the Hale Koa Hotel and Maluhia Road will be provided.

General says Soldiers must regain readiness mindset

DAVID VERGUN
Army News Service

WASHINGTON — Gen. Robert B. Abrams recalled once being awakened at 2 a.m. on a Friday. It was the early 1980s then, and he was a young lieutenant stationed in a cavalry squadron in West Germany.

It was a unit alert that had awaken him, he recalled. Back then, those alerts could come at any time, completely unannounced. And when they came, Soldiers in area bars would need to report to their units, in whatever state they were in, within two hours.

Abrams, commander, U.S. Army Forces Command, spoke earlier this month at the Association of the U.S. Army's Annual Meeting and Exposition. Once Soldiers were assembled, he said, they had four hours to get all their gear and ammunition loaded on trucks and tanks, and move out to their tactical assembly areas. They had to be ready to cross the border into East Germany, if called to do so.

"Everyone had a sense of urgency and knew what was at stake," he said, remembering his early days in the Army.

The Army needs to regain that same sense of urgency today, he said, but "we're not there yet in our Army."

However, the mindset is beginning to

shift, he said.

"That's the direction the Army is now taking."

Improved training

Abrams pointed to a number of readiness indicators, including training, which he said has improved over the last couple of years.

Recently, the Army has shifted its training focus to a "decisive-action training environment (or DATE) that's very robust," he said.

The DATE includes training with both conventional and non-conventional forces in all domains during every combat training center, or CTC rotation, he said.

Leading up to the CTC rotation, units have also improved their home-station training, he said, adding that there's been a 300 percent increase in company-level, live-fire exercises at home station over the last two years. Even aviation units at the platoon and company levels are now participating in live-fire exercises, something not widely seen since before the wars in Iraq and Afghanistan, he said.

Non-deployables reduced

"We've made huge progress over the last couple of years in reducing the



Photo by Staff Sgt. Armando R. Limon, 3rd Brigade Combat Team, 25th Infantry Division
Indirect fire infantrymen, assigned to the 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, "Broncos," 25th Infantry Division, ready with their M224 60mm Lightweight mortar, Sept. 14.

number of non-deployable (Soldiers)," Abrams said, adding that it's still the No. 1 readiness challenge facing the Army today.

Some units have seven or eight percent non-deployables, he said, so there's still some work to do to shrink those numbers.

Abrams attributed improvements in reducing the number of non-deployable

Soldiers to several factors, including the fielding this year of the commander's Medical Readiness Dashboard. That computerized medical update allows company and battalion commanders to better understand and deal with the medical status of their Soldiers.

Improved physical training is another area the general credited with reducing injuries and elevating fitness levels.

205th MI Soldiers engage readiness training with Reservists

Story and photo by
1ST LT. KYLE S. RICHARDSON
500th Military Intelligence Brigade-Theater

FORT SHAFTER — The 205th Military Intelligence Battalion, 500th MI Brigade-Theater (MIB-T), conducted a joint training mission with Soldiers from the 301st MI Battalion (Reserve component), 500th MIB-T, July 10-Sept. 29, here.

The 205th MI BN works closely with the U.S. Army-Pacific (USARPAC) Analysis and Control Element (ACE) to conduct training through the All Source Analysis Live Environment Training (LET) Program.

The LET program allows Soldiers to be able to not only experience and contribute to real-world intelligence missions, but it also enables them to build rapport with their counterparts.

"The partnership between the USARPAC ACE and Reserve and



National Guard units provides a real-world strategic intelligence environment for Soldiers to train and test their skills in a number of key areas," said Capt. Andrea Terpin, targeting officer in charge, USARPAC ACE. "The Soldiers return to their home units with relevant knowledge, connects and increased skill levels," she said.

(From left to right,) **Spc. Karina Gonzales, Spc. Catherine Lucke and Spc. Colton Boyer each receive an Army Achievement Medal during an award ceremony at the 205th MI Bn. headquarters on Fort Shafter, Sept. 29.**

While using classified systems, the training introduced the Soldiers to cutting edge analytical concepts, the enemy threat within the area of operation and exposed them to a particular region or country to cover.

Throughout each training operation, Soldiers were responsible for ensuring that general officers and foreign military leaders were briefed on each mission they were assigned to.

The program is designed for Soldiers to excel in their specific military occupational specialty as an All Source Analysis analyst.

Soldiers worked with joint and

interagency partners daily. During the training, the Soldiers were also mentored by other All Source Analysis NCOs and officers as they fulfilled their intelligence mission.

Upon completion of the program, these Soldiers are ready and equipped to apply the knowledge and skills that they have acquired to support combatant commanders.

"It was a great learning experience working with USARPAC and the 205th MI Bn.," said Spc. Colton Boyer, All Source analyst, 301st MI Bn. "I was able to provide theater level support, which is an aspect I have never dealt with before as an All Source intelligence analyst."

The Soldiers participated in an All Source Analysis LET program, where they were able to gain new skill levels as an All Source analyst and experience real-world intelligence missions.

PAU HANA

"When work is finished."



Volunteers prepare for the grand opening of the Schofield Barracks USO Center on Wednesday.

Schofield Barracks USO Center officially opens

Story and photos by
KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — USO Hawaii celebrated the grand opening of its newest center, here, Wednesday, with food, music and camaraderie.

From the outside, the one-level building between the Conroy Bowl building and the Family Fitness Center, across the street from the Sgt. Smith Theater, appears unremarkable.

Modern amenities

But inside, the space has been renovated. The décor is clean and comfortable, and the estimated 2,400 square feet of space is filled with all the amenities of a modern lounge: wood-paneled floors, new couches, big-screen televisions, video game consoles, cellphone charging stations, a computer station and more.

"USO Centers are home away from home for Soldiers (and their families)," said Clifton Clevenger, manager of the Schofield Barracks USO Center, who is himself an Army veteran and the spouse of an active duty Soldier. "This is a place where they can come relax, hang out and forget that they are homesick and away from their families for a little while."

"I can remember being a Soldier and getting off that plane and being in a place that isn't familiar and not knowing where to go," he added. "You're looking for something friendly, something familiar. Oftentimes, you're stressed and tired. When you see the USO Center, it's like walking into your home."

Historical significance

The location of the Schofield Barracks USO Center also holds historical significance, as U.S. Army Garrison-Hawaii commander Stephen E. Dawson pointed out during his remarks at the grand opening.

"At one time, when we weren't using Conroy Bowl for Soldier processing, that's where we had concerts, boxing matches," Dawson said. "Bob Hope performed there. Elvis Presley performed there. They were bringing great shows through the USO back then. We have the historic Sgt. Smith Theater next door, and more importantly, it's in walking distance for our Soldiers, (so) they can get here very easily."

C.K. Hyde, vice president of the USO's Pacific Region, also highlighted the USO's long history in the region, emphasizing the support and strength it has offered troops over the decades.

"We strengthen those forces by connecting them to those things for which they serve and for which they fight: home, family and country. That's why we're here at Schofield Barracks, to be a part of your team, to make sure that that connection is strong. This center stands as a reminder that the people of the United States of America, our corporate partners, have not forgotten (what you do)."



Officials untie a maile lei, at the opening of the Schofield Barracks USO Center, Wednesday.

From left are C.K. Hyde, vice president of the USO's Pacific Regional Office; Col. Stephen E. Dawson, commander of USAG-HI; Juliet Bucayu-Domingo, area director of USO Hawaii; Jeff Callangan, USO Hawaii Advisory Council president; Command Sgt. Maj. Brian A. Hester, 25th Infantry Division; and Clifton Clevenger, Schofield Barracks USO Center manager.



Col. Stephen E. Dawson (left), commander, U.S. Army Garrison-Hawaii, and Lt. Col. Christopher M. Marquez, commander, USAG-Pohakuloa, relax at the new Schofield Barracks USO Center's theater room, Wednesday.

"Sometimes our service members wonder, 'Do our fellow Americans know about what we do and do they care?' The answer is this facility. It is their resources and their commitment to you as service members and families."

Years of planning

The Schofield Barracks USO Center is the result of years of planning between Army Hawaii leadership and the USO, according to Juliet Bucayu-Domingo, area

director of USO Hawaii.

The center is the fourth in Hawaii and will help the USO continue "strengthening America's military service members by keeping them connected to family, home and country throughout their service to the nation," she added.

It will provide free services, such as Internet access, video gaming, holiday meals, Tot Tuesdays and Operation Birthday Cake for Soldiers and families stationed at Schofield, she said.

She recognized the following regional and local sponsors for making these services possible: AIU, Domino's, Delta Air Lines, P&G, the Jack and Marie Lord Foundation, Geico, Veterans United, Argosy University, Health Net Federal Services and JN Motors.

History of the USO

President Franklin D. Roosevelt united the Salvation Army, the YMCA, the YWCA, the National Catholic Community Services, the National Travelers Aid Association and the National Jewish Welfare Board into the USO in 1941, according to the USO website. The purpose of the USO is to lift service members' morale and provide support and nourishment on the homefront.

The USO continues to fulfill this mission through its more than 150 USO centers on every continent, except Antarctica, and through its trademark tours that bring American celebrities to entertain military personnel who are serving overseas.

The USO is a congressionally chartered private organization that relies on support from individuals, organizations and corporations to support its programs.

More Online

Visit these sites for more details:
•<https://hawaii.uso.org> and
•facebook.com/USOschofieldbarracks.

Call for Volunteers

The Schofield Barracks USO Center depends on volunteers to help keep its services running. Volunteers help staff center events, greet and check-in service members, and more.

To become a volunteer, register at <https://volunteers.uso.org>.



The Schofield Barracks USO Center, which opened Wednesday, is located between the Family Fitness Center and the Conroy Bowl building.

USO Schofield Free Amenities

- CAC readers
- Wi-Fi
- Video games
- Seven televisions
- Coffee bar
- Kitchen
- Computers
- Cellphone charging stations

Other USO Centers in Hawaii

- Honolulu International Airport
- Joint Base Pearl Harbor-Hickam
- Pohakuloa Training Area on the Big Island



Briefs

3 / Friday

November Selfie Contest — Celebrate Men's Health Awareness at SB Sgt. Yano Library. Stop by the library's photo booth to take a picture. Post it to Instagram using the #AHLNovember to win a prize.

Resume Workshop — Learn how to create a resume for the first time or update your resume for the private sector from 10 a.m.-2 p.m. at SB ACS. Choose the best format to demonstrate your experience and skills. Target your resume to the job you are seeking and effectively summarize your accomplishments. To register, call 655-4227.

Smoke House Day — Two kinds of ribs, barbecue chicken, smoked pork sliders and beef brisket, plus corn bread, baked beans and plenty of coleslaw featured at FS Hale Ikena. Call 438-1974.

Right Arm Night — Enjoy a night of comradery at FS Hale Ikena. Food and beverages are available for purchase. Event starts at 5 p.m. Call 438-1974.

Paint and Sip — Paint a picture on canvas at SB Tropics from 7-9 p.m. while sipping your beverage of choice for \$35. Class includes all painting supplies and instruction. Preregistration is required. Call 655-5698.

4 / Saturday

Moonlight Hiking — Full moon hike through Ewa Forest Reserve with SB Outdoor Recreation from 6-10 p.m. for \$20. Headlamps available on a first-come, first-served basis. Water and snacks not included. Call 655-0143.

Adult Group Swim Lessons — Available at SB Richardson Pool from 9:30-10:30 a.m. for \$60. Call 655-9698.

RC Boat Day — Fun event held at SB Richardson Pool from 11 a.m.-1 p.m. Standard pool fees apply.

No gas-powered boats allowed. Call 655-9698.

IN TRIBUTE

HONOLULU — Hawaii Youth Opera Chorus presents **Nani Na Pua Eo E Lili'u**, a free tribute concert in remembrance of the passing 100 years ago of Queen Lili'uokalani. It's at Kawaiaha'o Church, 957 Punchbowl St., Nov. 10, 5-7 p.m. Reserved premium viewing section (limited seats) are \$10. Free holiday street parking and municipal lots. For tickets, visit www.hyoc.org/specialevents. Call 521-2982 with questions.

Courtesy photo

6 / Monday

Employment Orientation — New to the island and looking for employment? This class at the SB ACS from 10-11:30 a.m. will orientate you to employment opportunities on Oahu, information on resume writing classes, career fairs and opportunities to further your career. Call 655-4227 to register.

Million Dollar Soldier Refresher — This training provides Soldiers with valuable financial tools at SB ACS from 8:30-11:30 a.m. and 1-4 p.m. Topics include saving, credit, investing and big purchases. Call 655-4227 to register.

7 / Tuesday

Anger & Conflict Solutions — Prevention program for individuals to learn the basics of anger awareness from noon-1 p.m. at SB ACS. The class will help participants identify personal anger cues and ways to de-escalate conflict situations.

Coloring for Adults — SB Library hosts, 6 p.m. All supplies included. Light refreshments served; adults only. Call 655-

8002.

8 / Wednesday

Poppy Wreath — SB Sgt. Yano and FS libraries each host at 3:30 p.m. to recognize Veterans Day and World War I. Craft is free. Call 438-9521.

9 / Thursday

1-2-3 Magic — Three-week series on parenting held at SB ACS from noon-1:30 p.m. Series breaks down parenting into three straightforward jobs. Call 655-4227.

Basics of Budgeting — Learn to develop a budget, track expenses and create a system to save and pay your bills on time in this course held at SB ACS from 10-11:30 p.m. Please bring a copy of your Leave and Earnings Statement (LES) and a list of bills. Visit <https://mypay.dfas.mil>.

Command Teams Training — Class designed to assist command teams at SB Nehelani from 9:15 a.m.-12:15 p.m. Learn roles and responsibilities in FRGs. Call 655-4227.

Block Party — We're having

a block party at SB Library for children 1½-5 years of age, 11:30 a.m.-12:30 p.m., for school-aged children from 3-4 p.m. Children will have the opportunity to use their imagination to create with Lego and wooden blocks; limited to 15 children. Preregistration required. Call 655-8002.

10 / Friday

Veteran's Day — No school for Hawaii Public Schools. Call Army School Liaison Office at 655-8326.

Parenting 101 — Take your parenting to the next level. Discover current "best practices" and learn tips and tools to assist you in reaching your parenting goals at the SB ACS from noon-1 p.m. Call 655-4227 to register.

13 / Monday

Stress Solutions — Held from noon-1 p.m.; identifies the causes of stress as well as how it affects our lives. Share techniques such as positive self-talk, how to not take things personally and learn a variety of relaxation techniques. Call SB ACS at 655-4227.

15 / Wednesday

EFMP Turkey Trot — Outdoor-activity held at SB Outdoor Recreation from 2-3 p.m. for individuals and families enrolled in the Exceptional Family Member Program (EFMP). Activities include an obstacle course and battle balls. Call 655-4227.

Turkey Craft — Learn to make a turkey from paper strips at FS Library at 3:30 p.m. Craft is free. Call 438-9521.

16 / Thursday

Your Credit Report and Score — Held at SB ACS from 10-11:30 a.m. Learn how to increase your credit score and understand what lenders look for. Copy of your credit report required. Call 655-4227.

17 / Friday

Using LinkedIn and Social Media — Net a job and build your network by using social media and develop your LinkedIn profile at SB ACS from 10-11 a.m. Call 655-4227.

It Takes Two — Couples, enhance your relationship by learning skills to improve communication at SB ACS from 11:30 a.m.-1 p.m.

Learn about expectations, problem solving techniques, forgiveness and the importance of fun and friendship. Call 655-4227.

Community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

3 / Friday

Surf Art & The Surfer — Annual Wahiawa event celebrates surf art, community and music. Also features vendors, food trucks and, of course, epic art at 63 Kamehameha Hwy., Wahiawa. Visit surfingthenations.com.

4 / Saturday

Swap Meet — Hawaii's largest open-air flea market, the Aloha Stadium Swap Meet and Marketplace, is scheduled for Saturday, Nov. 4, 8 a.m.-3 p.m., and Sunday, Nov. 5 from 6:30 a.m.-3 p.m. Visit www.alohastadiumswapmeet.net/content/home.aspx.

Hickam Craft Fair — Join the Hickam Arts & Crafts Center for its 42nd Annual Fall Craft Fair, 9 a.m.-3 p.m., 335 Kuntz Ave., featuring over 120 booths selling original handmade arts and crafts, as well as entertainment, food and more. Call 448-9907.

Art on the Zoo Fence — Waikiki art sale, 9 a.m.-4 p.m.,

offers a wide variety of styles and subjects in original works and prints displayed on Monsarrat Avenue next to the Honolulu Zoo. Visit www.artonthezoo fence.com.

Kahumana Organic Farm — Volunteer day provides community support while experiencing the magic of growing your own food, 9 a.m.-noon, 86-660 Luualalei Homestead Road. All experience levels and ages are welcome, rain or shine. Visit www.kahumana.org/organic-farm. RSVP required.

Jimmy Buffett — Legendary Margaritaville singer/lifestylist and Grammy Hall of Famer performs at the Hawaii Shell, 7 p.m., as part of his "I Don't Know" tour. Tickets at www.ticketmaster.com.

6 / Monday

Pacific Regional Trials — The Warrior Transition Battalion on Schofield Barracks hosts the weekend Pacific Regional Trials Warrior Games with competitions around the installation. Follow Tripler Army Medical Center Facebook at www.facebook.com/TriplerArmyMedicalCenter/ or Twitter at <https://twitter.com/triplerarmc>. See story on page B-4.

8 / Wednesday

Farmers Market — Ka Makana Ali'i, located at 91-5431 Kapolei Pkwy., Kapolei, is hosting a weekly Farmers Market. The new market will now be held Wednesdays and feature live entertainment in center court and in the Macy's wing.

10 / November

Wet'n'Wild Water Park — Veterans Day, members will enjoy \$11.11 + tax admission (up to four discounted admissions per military personnel) with their military ID. November is also Military Appreciation Month at the park. Active, retired, reserve and veteran military and their guests can enjoy half-off admission (\$25 + tax) throughout the month by showing their valid form of military ID.

11 / Saturday

Wahiawa Veterans Day Parade — Organized by the Lions Club, it begins, 10 a.m., at Kaala Elementary School and will feature 45 marching units, 17 vehicles and 5 bands.

Battleship Missouri — Veterans Day Sunset Ceremony begins at 4:30 p.m. honoring those who have served our country, and pays special tribute to brave women veterans. Attendance is free and open

to the public. Complimentary round-trip shuttle service for the ceremony will be offered from the Pearl Harbor Visitor Center beginning at 3:30 p.m.

Pictures with Santa Paws — Hawaiian Humane Society hosts Nov. 11, 12, 18 and 19 from 10 a.m.-3 p.m. for pictures with Santa Paws. Pets can have their holiday photos taken with Santa and Mrs. Paws to benefit the Hawaiian Humane Society. A \$30 donation per sitting with a professional photographer. Also includes access to digital copies of the photos. This event will also feature waived adoption fees and a holiday fair. Call 356-2247 or contact ckam@hawaiianhumane.org.

Hawaii vs. Fresno State Football — Mountain West Conference football kicks off at 6 p.m. at Aloha Stadium. Buy tickets at the stadium box office or online at hawaiiathletics.com.

18 / Saturday

Sea Life Park — "Getting Savvy with Shearwaters," 10 a.m.-2 p.m., highlights Seabird Rehabilitation Center efforts with education programs, games and crafts. Up to three keiki admitted free with each paying adult park admission. Call 259-2500 or visit www.sealifeparkhawaii.com.



Additional religious services, children's programs, educational services and contact information can be found at <https://www.garrison.hawaii.army.mil/rso/USARHAW%20Chapel%20Services.pdf>.

- AMR: Aliamanu Military Reservation Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Last Wednesday, 6 p.m. at MPC

Catholic Mass

- Monday-Wednesday, 11:45 a.m. at Soldiers Chapel
- Thursday, 11:45 a.m. at AMR
- Wednesday, 5 p.m. at MPC
- Saturday, 5 p.m. at TAMC
- Sunday services: -8:30 a.m. at AMR -10:30 a.m. at MPC -11 a.m. at TAMC

Gospel Worship

- Sunday, noon at MPC
- Sunday, 12:30 p.m. at AMR

Islamic

- Friday, 12:30 p.m. at AMR (Call 477-7647)

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH (Call 473-3971)

Protestant Worship

- Sunday Services -9 a.m. at MPC (Contemporary) -9 a.m. at FD -9 a.m. at TAMC -10 a.m. at HMR (Contemporary) -10:30 a.m. at AMR (Contemporary) -11 a.m. at WAAF (Contemporary)



American Made (R)

Friday, Nov. 3, 7 p.m.



My Little Pony (PG)

Saturday, Nov. 4, 4 p.m.

Studio Appreciation Advance Screening - Free Admission.

Tickets available at your local Exchange Food Court. Seating open to non-ticket holders 30 minutes prior to showtime. Saturday, Nov. 4, 7 p.m.

Blade Runner 2049 (R)

Sunday, Nov. 5, 4 p.m.

Closed Monday through Thursday.

Calendar abbreviations
8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan
AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
CDC: Child Development Center
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FCC: Family Child Care
FMWR: Family and Morale, Welfare

and Recreation
FRG: Family Readiness Group
FS: Fort Shafer
HMR: Helemano Military Reservation
IPC: Island Palm Communities
PFC: Physical Fitness Center
SAC: School Age Center
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
USARPAC: U.S. Army-Pacific
WAAF: Wheeler Army Airfield

ACS Halloween open house displays services

ARMY COMMUNITY SERVICE
Directorate of Family and Morale,
Welfare and Recreation
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — Army Community Service (ACS) held its 2017 Halloween Spooktacular Open House on Oct. 25, here.

The Dr. Seuss-themed Spooktacular featured amazing participation from the military community, with approximately 638 children and parents attending the event.

Highlights included taking pictures with McGruff, while the Military Police discussed safety tips for the holidays; listening to a story with the Cat in the Hat; and going on an adventure tour through the ACS facility.

Keiki guides

The children were guided by the



Photo courtesy of Army Community Service

Grinch, Thing One, Thing Two and other Dr. Seuss characters during the trick or treat event. There were a lot of other fun and exciting activities that included making a Truffella Tree, pinning a moustache on a Lorax and interacting with a live

dinosaur.

The trick or treat tour provided education and prevention information on all ACS programs, to include New Parent Support, Financial Readiness, Family Advocacy, Army Emergency Relief, Victim Advocacy, and Military and Family Life Consultants. Other ACS programs at the event included

Employment Readiness, Information Referral and Relocation, Soldier and Family Assistance Center, Survivor Outreach Services, and Mobilization Deployment and Stability Support Operations.

The Exceptional Family Member Program got the jump on the open house an hour prior to the main event. EFMs and their families enjoyed their sensory sensitive environment.

ACS on parade

Parents received useful information while children enjoyed various activities. ACS staff members and attendees got creative in their favorite Halloween costumes for the event and shared lasting memories by taking selfies in the Halloween photo booth.

ACS's goal is to provide various resources and activities to the community through a variety of events and classes to promote the overall well-being of Soldiers and their families.

The ACS Halloween Spooktacular Open House highlighted available resources in a fun environment.

Commissaries celebrate with special November events

SALLIE CAUTHERS

Defense Commissary Agency

FORT LEE, Virginia — Commissaries worldwide in November will be saluting the military community with special events and promotions including high-value coupon booklets for free frozen turkeys.

"We're recognizing our military and their families, and all veterans who have served and sacrificed for our nation," said Tracie Russ, the Defense Commissary Agency's sales director. "We're showing our great appreciation through military veterans' commemoration ceremonies, Veterans Day holiday weekend sales and our seasonal promotions throughout the month of November."

Free turkey

One of the month's biggest

promotions is the annual free turkey event worldwide included in high-value coupon booklets. The free turkey promotion coincides with special discounted fresh turkeys available in all stores.

Throughout November, commissary industry partners – vendors, suppliers and brokers – are collaborating with stores to offer discounts beyond everyday savings. Overseas stores may have substitute events for certain promotional programs.

Customers are asked to check their local commissary for details on dates and times for the following promotions:

• **"Get Your Turkey Free" Coupon Booklet.** This worldwide promotion revolves around a 24-page recipe booklet with coupons valued at more than \$40. The coupons offer greater

savings on purchases of holiday meal essentials, and users can qualify for a free turkey.

Vendors include Kraft Foods, Kellogg's, Campbell's, Pepperidge Farms, Frito Lay, Chinet, General Mills, Hefty/Reynolds Wrap, Nabisco, Del Monte, French's, Entenmann's, Nexium, Kimberly-Clark, Persil, Crisco, Viva, Huggies, Mueller's and more.

Look for these recipe/coupon booklets in your commissary beginning Nov. 1, with coupons good through Dec. 31.

• **"Salute the Military and Veterans Day Specials."** More than 300,000 Acosta military coupon flyers will be distributed in commissaries worldwide. Check them out to find promotion information along with high value coupons.

•Celebrate the holidays with

General Mills. Time to cook and bake! This holiday promotion features high value in-store coupons throughout the month of November.

•J.M. Smucker's holiday displays.

From Nov. 5-18, the J.M. Smucker Company generates over \$1.2 million in donations to military installation charities during the holiday season. Check out mass displays in all commissaries.

More Online

Patrons are reminded to check out the online sales flyer at www.commissaries.com or get a copy at the local store entrance.



The hare, the tortoise, the hairy retiree embrace new life

Let's face it. Nothing packs on the pounds like getting out of the military.

After years of being weighed, measured, poked and prodded by Uncle Sam in the name of combat readiness, newly separated service men and women are abruptly set free from fitness standards.

They swap uniforms for stretchy civilian clothes, embrace hair growth and eat without fear that a side of fries will jeopardize their careers.

My husband, Francis, has been thoroughly enjoying this freedom for almost a year now, so it was no surprise when he recently announced, "I've signed us up for the Pell Bridge Run, so I can get back into shape."

Working backwards

Most people enter races after they've gotten fit, but not Francis. He subscribes to the theory that committing himself to a race that is well beyond his physical capabilities will shock his self-discipline back to life.

He has huffed, puffed and chuffed through triathlons, bike races and full marathons with hardly any training. While these events temporarily boosted Francis' self-esteem, his motivation was always short-lived.

At least the Pell Bridge Run was only 4 miles, and included racers of all fitness levels. He had signed me up, too, and I liked the thought that we might embark on an exercise routine together.

On the morning of the race, we huddled



THE MEAT AND POTATOES OF LIFE
LISA SMITH MOLINARI
CONTRIBUTING WRITER

dled in the dim chill near the free coffee tent, eyeing our competition. There were runners wearing moisture-wicking spandex and state-of-the-art gel soles. They obsessively stretched their hip flexors, checked the split timers on their sports watches, and breathed in through the nose and out through the mouth.

"C'mon honey," Francis called as I exited a Porta-potty. "Time to line up!"

We scanned the mass of people behind the starting gate, organized in groups by speed.

"Seven-minute mile. Nope. Eight-minute mile. Nope. Nine-minute mile. Nope," Francis said.

"There it is!" I exclaimed. "The 12-minute mile sign is back there!"

My peeps

There they were. People wearing T-shirts emblazoned with "Bacon is meat candy." People with vapes dangling from their necks. People who haven't stretched since the Ford administration. People so in tune with their physical limitations, they wore khakis and loafers.

Finally, we had found our people.

Francis, who wore his track pants cinched up too high, decided to stretch. Like a Broadway actor, he made a dramatic production of bending at the waist, reaching his hands

past his shins toward his quadruple E feet. His knees buckled, and I heard a grunt. His fingers had stopped cold, six inches above his laces.

"Nice effort, honey," I chuckled.

Our plan was to walk the first two miles uphill to the top of the bridge, but as we passed the starting line, we broke into an adrenaline-fueled trot. By the time we jogged up the first expanse of bridge, we had already run a mile and didn't feel like stopping. The crisp fall air, the sun rising over the bay, and the excitement of the crowd carried us effortlessly along.

Propelled by camaraderie with our fellow racers, we kept going, even as a twinge of nausea set in and sweat began to pour.

"Do you want to walk a bit?" I puffed to Francis, whose breathing had become alarmingly labored.

"No," he sputtered. "Let's ... get ... to the top."

We may have been wheezing and stumbling, but we

made it to the apex of the bridge that morning, 215 feet above the sparkling bay. The pride in our accomplishment kept us running, albeit slowly.

In fact, a 4 year old in pigtails whizzed by us, squealing, "Step on a crack; break your mamma's back!"

But we were not deterred. Even as we passed by the cemetery on the last stretch to the finish line, we didn't let the morbid reminder of our mortality stop us.

Instinctively, we knew this 4-mile run was a metaphor for the progression of our lives, and we were determined to keep going, up and down, slowly and steadily. And as we crossed the finish line, we were reminded that the challenges we'd faced along the way were what made life's rewards so sweet.

(Read more of Molinari's musings at www.themeatandpotatoesoflife.com.)



The Molinaris enjoy retired life.

Courtesy photo

Pacific Regional Trials 2017 begin Monday

LEANNE THOMAS

Tripler Army Medical Center Public Affairs

HONOLULU — Tripler Army Medical Center's Warrior Transition Battalion, known as the WTB, will host Pacific Regional Trials 2017, a wounded warrior sports competition, Nov. 6-11, at Schofield Barracks.

More than 80 wounded, ill and injured service members and veterans from across the Pacific region will come together to compete in eight adaptive sporting events and for a chance to progress to the 2018 Department of Defense (DOD) Warrior Games.

"This is the first time that Hawaii has hosted warrior games trials for the Pacific region," said Lt. Col. Clyde L. Hill, WTB battalion commander. "It is an immense honor to serve as the battalion commander of the WTB, especially for such a historical event as hosting the Pacific Regional Trials."

Hawaii is hosting the trials because of its geographic location. Athletes from throughout the Pacific would have to travel to the U.S. mainland to compete, and if they win or place high enough will have to make a second trip to the actual Warrior Games.

Having the trials in Hawaii will boost competition and provide an opportunity to bring together all the region's competitors.

"My hope is that the Pacific Regional Trials Warrior Games will provide the opportunity to bring together post 9-11 wounded warriors and veterans from across the Pacific region. The adaptive sports competitions will honor and showcase the power and resiliency of our wounded warriors and their families," Hill said.

With support from many of the major subordinate commands throughout U.S. Army Hawaii, the WTB has coordinated for 150 military support personnel and 50 civilian volunteers to assist with conducting the weeklong event.

"I am also so appreciative of the level of support we've received from volunteers and supporting U.S. Army Hawaii



Courtesy photo

Archery is scheduled from 8 a.m.-4 p.m. at Martinez Gym, Schofield Barracks. Athletes will compete against others utilizing a compound or recurve bow.



Photo by Pfc. Sandy Barrientos, U.S. Army Warrior Care and Transition

Swimming is scheduled from 9:30 a.m.-2 p.m. at Richardson Pool, Schofield Barracks.

units to conduct the Pacific Regional Trials," added Hill.

"Throughout the week of the competition, wounded warrior athletes will train and compete in archery, cycling, track, field, shooting, sitting volleyball, swimming and wheelchair basketball," said Maj. Michael J. Stevens, operations officer at the WTB.

Participants include athletes with upper-body, lower-body, and spinal cord injuries; amputations; serious illnesses; traumatic brain injuries; visual impairment and post-traumatic stress disorder.

Wheelchair basketball and sitting volleyball are not competition events in

the Pacific Regional Trials; they are team building scrimmages in which athletes, staff, cadre and supporting units are invited to participate.

"These games (sitting volleyball and wheelchair basketball) will be used for assessment to give the coaches a chance to access the athlete's ability and overall attitude," said Stevens.

"Following the trials, the coaches, cadre and staff will evaluate the results, and the top athletes will be selected from across the regions to progress to Army Trials 2018, the pre-qualifying event for the Department of Defense (DOD) Warrior Games 2018," Stevens added.

"We have put much effort into making this a fun event that showcases not just the power and resiliency of our wounded warriors, but also gives our visiting athletes a taste of our 'ohana' and the aloha spirit. That Hawaiian hospitality will be on display during the Pacific Regional Trials," said Hill.

More Online

Stay connected:

- www.facebook.com/TriplerArmyMedicalCenter
- www.twitter.com/TriplerAMC

Schedule of Events

Join us to honor our wounded warrior athletes and show your support at the following events.

Monday, Nov. 6

Opening Ceremony

• 8-9 a.m. at Weyand Field, Schofield Barracks

The opening ceremony will be available to watch live online via Facebook at www.facebook.com/TriplerArmyMedicalCenter.

Swimming

• 9:30 a.m.-2 p.m. at Richardson Pool, Schofield Barracks

Tuesday, Nov. 7

Track & Field

• 8 a.m.-4 p.m. at Stoneman Field, Schofield Barracks

Wednesday, Nov. 8

Shooting

• 8 a.m.-4 p.m. at Martinez Gym, Schofield Barracks

Wheelchair Basketball Team Competition

• 1-4 p.m. at Martinez Gym, Schofield Barracks

Thursday, Nov. 9

Archery

• 8 a.m.-4 p.m. at Martinez Gym, Schofield Barracks

Sitting Volleyball Competition

• 1-4 p.m. at Martinez Gym, Schofield Barracks

Friday, Nov. 10

Cycling

• 8 a.m.-2 p.m. at Ford Island, Joint Base Pearl Harbor-Hickam (JBPHH)

Closing Ceremony

• 3-5 p.m. at Knob Hill, Ford Island, JBPHH

For more details about Pacific Regional Trials 2017, contact the Tripler Warrior Transition Battalion at 655-3007.

Cultivating spiritual health aids comprehensive fitness

CHAPLAIN (CAPT.) JONATHAN D. TODD

Battalion Chaplain

325th Brigade Support Battalion
3rd Infantry Bde. Combat Team
25th Infantry Division

SCHOFIELD BARRACKS — As an Army chaplain, I have the privilege to help Soldiers and families with their lives.

Everyone I have served shares a common need, a spiritual fitness. How one defines this concept can range from a personal relationship with God to seeking one's place in the universe, but always this element bears deep significance upon who they are as a person.

The challenge of strengthening this part of our identity can be difficult as we strive to balance all of who we are and accomplish all that our lives require of us. The key to this balance is two-fold: prioritization and intentionality.

We must prioritize, protect and intentionally cultivate our growth spiritually to be holistically strong and healthy.

Training

We train and deploy in support of our nation's needs, and here in the Pacific Rim, those needs are many. We train hard because the threats we defend



Todd

against are real and dangerous. Without being holistically strong to include spiritually, we stand weaker before the enemies who desire to see us fall.

To be holistically strong, we condition our bodies and minds. We train to become experts tactically and technically. We train to be mentally strong, to push our bodies to endure and overcome great challenges.

We must also recognize and prioritize spiritual health within our readiness as warriors and among the relational needs we owe to our loved ones. Why? Because our spiritual health is foundational to who we are as a person.

This truth is observed in every human being who is in a deep relationship with another person. That deep relationship changes who they are. The deeper the relationship, the greater its effect.

There is no deeper relationship than between mankind and God. From a Christian perspective, our relationship

Footsteps in Faith

with God transforms us at the very core of who we are (2 Corinthians 5:17). This redefining of us spiritually shapes and strengthens our identity. This God-relationship gives us hope, love, perspective and many other elements that together provide a profound strength to stand against everything this world can throw at us.

CSF2

The Army Comprehensive Soldier and Family Fitness addresses this. Spirituality is one of the five dimensions of strength. This strength when combined with other components reinforces us holistically and produces a synergy of strength.

Intentional spiritual growth is key to maintaining holistic growth.

Milo of Croton was a six-time wrestling champion of the Ancient Olympic Games. As a boy, he carried a young bull every day as part of his strength building. As the bull grew in size, Milo grew in strength until he was capable of carrying

a full-grown bull on his shoulders around the Greek Coliseum.

This has been adopted as the foundation for the physical strength training concept "progressive overload." The same training concept should be applied to growing our spiritual strength. To become strong, we must be active and intentional in our spiritual growth.

How can we do this?

1) Consider if growing stronger spiritually is valuable to you?
2) Decide should spiritual growth be reprioritized ahead of current priorities for you? How much will this reprioritizing truly cost you?

3) Choose how you will increase your spiritual growth (read a 15-min daily devotional, join a weekly Bible study, have daily prayer time, listen to a radio sermon, etc.).
4) Be intentionally dedicated to following your growth plan.

Growing spiritually requires practice. Start small, be intentional, set conditions for your spiritual health and relationship with God to grow and ensure your spiritual fitness has a high priority in your life. If you maintain this you will grow stronger holistically.